

What is claimed is:

1. A method for delivering an anchor for use in a gastric reduction system for reducing the cross-sectional area of a gastrointestinal lumen, comprising:

    providing a delivery catheter having a needle translatable disposed therein, a distal end, a stabilization device disposed at the distal end and one or more anchors disposed within the needle;

    advancing the delivery catheter into the gastrointestinal lumen;

    engaging the stabilization device to a tissue wall of the gastrointestinal lumen;

    advancing the needle through the tissue wall;

    ejecting an anchor from a distal tip of the needle.

2. The method of claim 1, further comprising:

    providing an imaging element in the vicinity of the distal end of the delivery catheter; and

    using the imaging element to provide visual guidance during engagement of the stabilization device to the tissue wall.

3. The method of claim 1, wherein ejecting an anchor from a distal tip of the needle comprises translating a push rod disposed in the needle.

4. The method of claim 1, wherein the stabilization device comprises a coil having a sharpened tip, and engaging the stabilization device to the tissue wall comprises rotating the coil to engage the coil into the tissue wall.

5. The method of claim 1, wherein advancing the needle through the tissue wall further comprises translating the needle distally through the delivery catheter.

6. A method for reducing the cross-sectional area of a gastrointestinal lumen, comprising:

providing a delivery catheter including a needle translatable disposed therein, one or more anchors disposed within the needle and a suture coupled to each anchor;

advancing the delivery catheter into the gastrointestinal lumen;

advancing the needle through the tissue wall;

ejecting an anchor from a distal tip of the needle through the tissue wall;

advancing the needle through an opposing tissue wall;

ejecting an anchor from a distal tip of the needle through the opposing tissue wall; and

applying tension to the sutures to approximate the tissue walls.

7. The method of claim 6, further comprising:

providing a stabilization device disposed on a distal end of the delivery catheter; and

prior to advancing the needle through the tissue wall, engaging the stabilization device to the tissue wall.

8. The method of claim 7, further comprising detaching the stabilization device from the tissue wall after ejecting an anchor.

9. The method of claim 7, wherein the stabilization device comprises a coil having a sharpened distal tip, the method further comprising rotating the coil to engage the tissue wall to stabilize the tissue during anchor delivery.

10. The method of claim 6, wherein applying tension to the sutures to approximate the tissue walls further comprises:

providing a fastener for maintaining tension in the sutures; and

threading the sutures through the fastener.

11. The method of claim 10 wherein applying tension to the sutures to approximate the tissue walls further comprises further comprises crimping the fastener to maintain tension in the sutures.

12. The method of claim 10, further comprising cutting unneeded lengths of the sutures.

13. The method of claim 10, wherein crimping the fastener automatically cuts unneeded lengths of the sutures.

14. The method of claim 11, wherein the fastener comprises a collar defining a channel through which the sutures may freely translate prior to crimping and crimping the fastener further comprises collapsing the collar into engagement with the sutures.

15. The method of claim 10, wherein the fastener comprises a housing having a lumen and a ratchet biased to extend into the lumen, and threading the

sutures through the fastener further comprises biasing the ratchet against the sutures.

16. The method of claim 6, further comprising:  
providing an imaging element in the vicinity of the distal end of the delivery catheter; and  
using the imaging element to provide visual guidance.

17. A method for creating a gastrointestinal tissue fold, comprising:

providing a delivery catheter including a translatable needle, an anchor disposed within the needle and a suture coupled to the anchor;

extending the needle through the tissue wall at a first location so that the needle curves back against and punctures the tissue wall at a second location;

ejecting the anchor from the curved needle; and  
tensioning the suture to create the tissue fold.

18. The method of claim 17, further comprising:

providing a stabilization device disposed on a distal end of the delivery catheter; and

prior to extending the needle through the tissue wall, engaging the stabilization device to the tissue wall.

19. The method of claim 18, further comprising detaching the stabilization device from the tissue wall after ejecting the anchor.

20. The method of claim 18, wherein the stabilization device comprises a coil having a sharpened distal tip, the method further comprising rotating the coil to engage the tissue wall to stabilize the tissue during anchor delivery.

21. The method of claim 17, further comprising:

providing a second anchor including a suture coupled thereto; and

creating a second tissue fold on an opposing tissue wall.

22. The method of claim 21, further comprising approximating the tissue folds by applying tension to the sutures.

23. The method of claim 22, wherein approximating the tissue folds further comprises:

providing a fastener for maintaining tension in the sutures; and

threading the sutures through the fastener.

24. The method of claim 23 wherein approximating the tissue folds further comprises crimping the fastener to maintain the tension in the sutures.

25. The method of claim 24, further comprising cutting unneeded lengths of the sutures.

26. A method for creating a gastrointestinal tissue fold, comprising:

providing a delivery catheter having a translatable needle, a jaw assembly, an anchor disposed

within the needle and a suture coupled to the anchor;  
grabbing and pulling a tissue wall of the  
gastrointestinal lumen using the jaw assembly to create a  
tissue fold;  
extending the needle through the tissue fold;  
ejecting the anchor from the needle; and  
maintaining the tissue fold by applying tension  
to the suture.

27. The method of claim 26, further  
comprising:

providing a second anchor including a suture  
coupled thereto; and  
creating a second tissue fold on an opposing  
tissue wall.

28. The method of claim 27, further comprising  
approximating the tissue folds by applying further  
tension to the sutures.

29. The method of claim 28, wherein  
approximating the tissue folds comprises:

providing a fastener for maintaining tension in  
the sutures; and  
threading the sutures through the fastener.

30. The method of claim 29 wherein  
approximating the tissue folds further comprises crimping  
the fastener to maintain the tension in the sutures.

31. The method of claim 30, further comprising  
cutting unneeded lengths of the sutures.